



## WFR COURSE OUTLINE

### 80-Hours

#### Day 1

##### Introduction

##### What is Wilderness Medicine?

##### Medical Legal Issues

*Risk Management (extra module)*

##### EMS System

##### Anatomy & Physiology

*Cardiopulmonary System*

*Musculoskeletal System*

##### Preventing Disease Transmission

##### Basic Life Support

*Adult, Child & AED*

*Urban CPR lecture & demonstration*

*Wilderness CPR Considerations*

*CPR Practical*

##### Airway Adjuncts (extra module)

*Securing an Airway*

*OPAs and NPAs*

##### Skill Station

##### CPR Hotspot

#### Day 2

##### Patient Assessment

##### Calling a Rescue

##### Primary Assessment Rodeo

##### Bleeding & Shock

##### Soft Tissue Injuries

*Wilderness wound management*

*Aggressive Bleeding Control*

*Hemostatic Agents*

*Infections/MRSA*

*Hygiene*

*Burn Management*

#### Day 3

##### Advanced Hotspot

##### Orthopedic Injuries

*Wilderness Athletic Injuries*

*Dislocations*

*Fractures*

*Slushman/Sam Sling (extra module)*

*Improvised splints*

##### Splint Skill Station

##### Spine Injuries

*Focused Spine Assessment (FSA)*

*Moving Patients*

*Vacuum Mattress*

*Patient Packaging*

##### Traumatic Brain Injuries

##### Chest & Abdominal Injuries

##### Group Scenarios

#### Day 4

##### Backcountry Medical Issues

##### Backcountry Medical Rodeo

*Diabetic Emergencies*

*Respiratory Emergencies*

*Allergies & Anaphylaxis*

*Cardiac Emergencies*

*Stroke*

*Seizure Disorders*

#### Day 5

##### Advanced Hotspot

##### Backcountry Medical Issues

##### Backcountry Medical Rodeo

*Behavioral Emergencies (extra module)*

*GI Illnesses*

*Acute Abdomen Pain*

*Water Purification*

*Urogenital Issues*

##### Homework Reading Assignment:

##### Micro medics

*Ear/Eye/Nose Problems*

*Dental Problems*

*Flu-Like Illnesses*

*Sun Related Problems*

*Skin Related Problems*

*Blisters/Fish*

*Hooks/Splinters*

*Poisons*

*Motion Sickness*

#### Day 6

##### Environmental Medicine

##### Environmental Rodeo

*Dehydration/ Rehydration*

*Hyponatremia*

*Heat Illness*

*Cold Illnesses*

*Local Cold Injury*

*Altitude Illnesses*

*Lightning Injuries*

*Bites and Stings*

*Water Emergencies*

##### First-Aid Kits

#### Day 7

##### Group Scenarios

##### Improvised Litters

##### Patient Carrying Techniques

##### Basic Triage

##### Radio Protocol

##### Helicopter LZ & Safety

##### Evacuations

##### Night Scenario

#### Day 8

##### Review

##### Final Practical Workshop

*Student-Run-Scenario*

##### Final Practical

*Solo Scenario*

*Group Scenario*

##### Final Written Exam

##### Closure